

Poppy-Louise Batts MPsyc (Hons), BSc (Psych) Clinical Lead, Eating Disorders Queensland, **BRISBANE**

Poppy Batts is the Clinical Lead at Eating Disorders Queensland (EDQ), Brisbane. She has lived experience and carer lived experience of eating disorders. Poppy is passionate about supporting and empowering others as they navigate their own unique paths through eating disorder recovery.

Poppy began working with eating disorders as a clinician at EDQ, and now leads EDQ's clinical and carer key supports teams. Prior to specialising in eating disorders, Poppy gained experience working in private practice, crisis counselling for sexual harm survivors, and providing therapeutic supports in hospice as well as university clinic settings.

Working within a psychodynamic framework with a future-oriented focus, Poppy tailors her approach to fulfil the individual needs and experiences of each client. She incorporates a range of evidence-based modalities, including brief psychodynamic therapy, person-centred therapy, strengths-based approaches, solution-focused therapy, and trauma-informed care.

Poppy is a strong supporter of the [InsideOut Institute for Eating Disorders](#) – Australia's first institute for research and clinical excellence in eating disorders. The Institute aims to provide every Australian living with an eating disorder, access to the best possible care, by reassessing eating disorders from the "inside out".

She is an advocate for the InsideOut Institute's eClinic – Australia's first free, fully online, national treatment hub for eating disorders. It offers flexible, self-paced programs, including BEeT for binge eating and bulimia nervosa, Skilled for a wider range of eating disorder symptoms, Supported for carers, and a Healthcare Professionals (HCP) Hub. By removing traditional barriers to care, the eClinic ensures patient access to vital support when they need it most, regardless of their postcode, socio-economic status, or cultural background.

"The eClinic is a valuable support opportunity for individuals in rural and remote areas who have limited access to local care. Without needing to travel long distances or face service wait times, the eClinic ensures timely access to specialised support for those who might otherwise go without. This service is an essential step in helping individuals in remote communities begin or continue eating disorder supports"- Poppy

To learn more about the InsideOut Institute's eClinic, head to eclinic.insideoutinstitute.org.au or email admin@insideoutinstitute.org.au.



Should you suspect you, or a loved one, may be living with an eating disorder, speak to your local healthcare practitioner without delay, or head to insideoutinstitute.org.au to complete our online screener and assessment, and to access more information and professional support.

Australian professional patient support services offering 24/7 helpline services include:

- Butterfly National Helpline: 1800 334 673
- Beyond Blue: 1300 22 4636
- LifeLine: 13 11 14
- Men's Line Australia: 1300 78 99 78
- Kids Help Line: 1800 55 1800

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To coordinate an interview with Poppy-Louise Batts, please contact:

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